

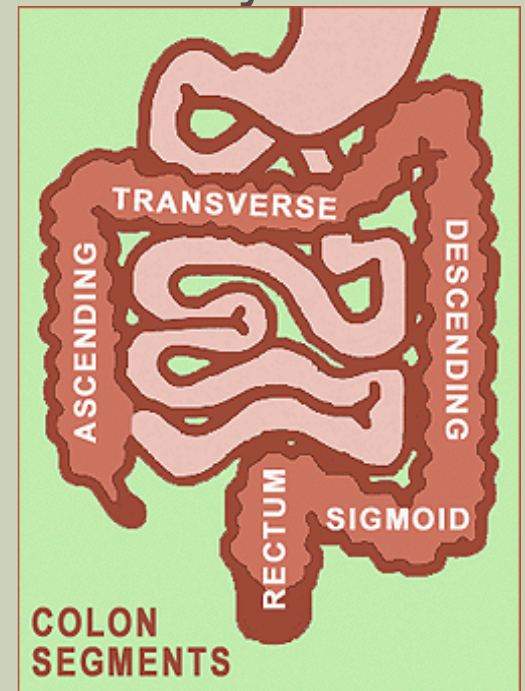
# COLON HEALTH

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STATE TO THE HEALTH OF THE  
COLON

Joyce Cheng RN  
Community Health Nurse  
Bedford Board of Health  
March 19, 2015

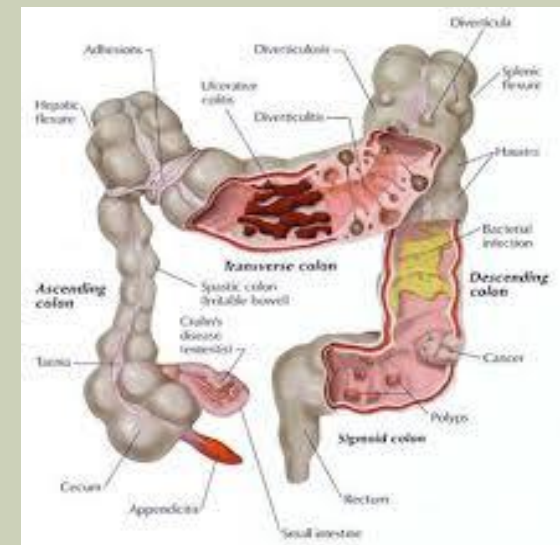
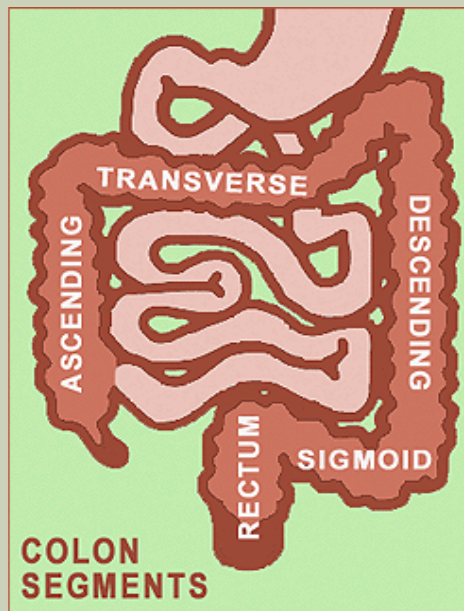
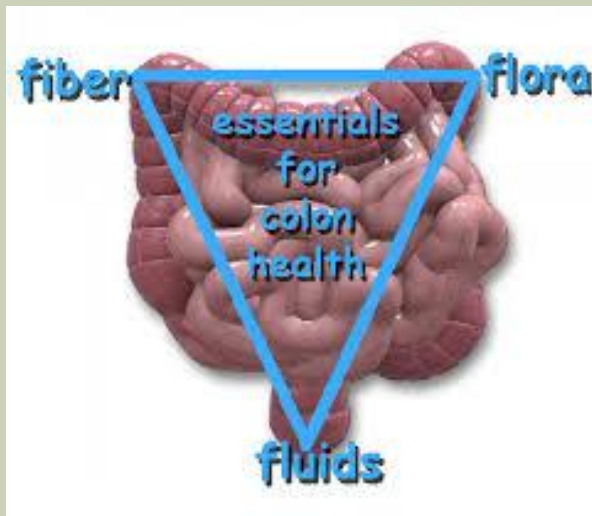
# GOOD HEALTH BEGIN IN THE COLON

- Colon- Part of digestive system
- remove water, salt and certain nutrients from ingested food
- Form and eliminate solid waste from your body
- Healthy Colon-
  - Regular bowel movements
  - Well shaped (like a torpedo), soft & easy to pass stool material
  - Eliminate toxins and waste effectively from your body



# SINGS OF UNHEALTHY COLON

- Constipation
- Diarrhea
- Gas, and bloating
- Growth of polyps
- Mental & Physical Condition



# RISK FACTORS OF COLON CANCER

**Colon Cancer** is the 3rd most common cancer in US. Majority of the **Colon Cancer** are preventable with life-Style changes and proper screening.

- Excessive consumption of alcohol, red meat, and fatty food
- Low intake of fruits & vegetables
- Smoking
- Obesity
- Sedentary life style
- Age- More than 90% of colorectal cancers occur in people aged 50 and older
- Family history of polyps or colorectal cancer

# SIGNS AND SYMPTOMS OF COLON CANCER

- Change in bowel habits, diarrhea or constipation
- Change in the consistency of stool
- Rectal bleeding or blood in stool
- Persistent abdominal discomfort, such as cramps, as or pain
- Weakness or fatigue
- Unexplained weight loss

# ROUTINE SCREENING TESTS

- Detective problems early could save life
- Remove polyps (precancerous growth) before they become cancerous

## Several screening tests:

- Colonoscopy- after Age 50, every 5-10 years
- CT scan
- Stool test (Fecal Occult Blood Test, Fecal Immunochemical Test)
- Flexible Sigmoidoscopy

# 5 STEPS FOR A HEALTHY COLON

- Exercise/ Stay active
- Eliminate processed Meats, Cut back on red Meat, and Meats cooked at High Temperatures (Fried, Broiled, Grilled)
- Eat Vegetables (cruciferous veggies- cauliflower, cabbage, bok choy, broccoli, brussels sprouts)
- Consume Friendly bacteria (Probiotics)
- Make Sure you have Healthy Vitamin D Levels

